

# Travel Smarter Live Better

## European Mobility Week

September 16th - 22nd 2010



### Thursday 16th September

Opening of "Travel Smarter – Live Better" Green School Exhibition Castlebar & Westport Libraries

**Back on Your Bike Training** Tennis Club, Lough Lannagh Road, Castlebar, 6 to 8 pm.

6 - 7pm Free spinning class, followed by yoga for cyclists

7 - 8pm Bike maintenance advice

### Friday 17th September

**Live better /Travel Smarter Event** Castlebar

Lessons for cyclists and pedestrians on lorry danger - a demonstration showing the blind spots in lorries for cyclists and pedestrians and free draws for prizes.

### Saturday 18th September

**Beauty & The Bike Day** Westport Leisure Park,

11am-1pm Yoga for cyclists, Style Your Helmet Workshop, Bike Skills & Maintenance, Road Safety, Map My Journey, Beauty Tips For Cyclists, Natural Beauty Product Workshop, Health Awareness, Introduction to Spinning, Activities for Kids

1.00pm Bling Your Bike Adjudication

1.30pm Covey Wheelers Fun Cycle around Westport led by winner of Bling Your Bike Competition

### Wednesday 22nd September

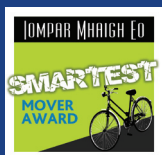


**In Town Without my Car**

**Castlebar:** The Mall on Wednesday 22 Sept from 12 to 2 pm.

This will include fun games promoting cycling and sustainable transport; exhibition of bikes, old and new; mass cycle around Castlebar town at 1:30 pm.

**Westport:** Relaunch of Westport Walks Wednesdays WWW



**Smartest Mover 2010** Vote for the Smartest Mover in your town

**Castlebar:** [www.castlebar.ie](http://www.castlebar.ie)

**Westport:** [www.mayonews.ie](http://www.mayonews.ie)

## FREE SHUTTLE BUS

between Westport and Castlebar 20th – 24th September

**Depart:** Castlebar & Westport bus stops at 7.30 & 8.25am – drop off at main employers in town

**Return:** Collection from bus stops & main employers in both towns at 4.35pm & 5.15pm

For further information see [www.gomayo.ie](http://www.gomayo.ie)